



Hi there,

When I published my newest (and eighth) book [Why Bother?](#) DISCOVER THE DESIRE FOR WHAT'S NEXT, I declared an audacious goal: to help a million people get their bother on. To help a million people understand that life doesn't give up on us, and we never have to give up on life.

As part of my mission, I reached out to a few people I admire to address three questions.

The questions were:

- Can you tell me about a time in your life when you felt discouraged or defeated, and wondered, "Ugh, why bother? What's the point?" (It could have been about your business, your health, your meditation practice, writing, business, anything.)
- What brought you out of it; tipped you into bothering again? (Was there a tiny moment of awareness, a first small step you took? Something you did? Something you said to yourself? What helped bring your desire, energy, and engagement back?)
- What's something you feel bothered about right now, in a positive way? What makes you excited to get out of bed? Share one thing! (Or more!)

The word count was 350ish words. Brevity clarifies.

I invite you to read their responses and the prompts that follow each story. As you do, listen to how life calls you, stirs in you, beckons you to open and be curious.

Then, at the end, consider accepting my personal invitation I offer.

Love,



Jennifer Loudon

JENNIFERLOUDEN.COM



Hiro Boga

GETTING HER BOTHER ON

Jen, I'd never really considered the phrase, Why Bother, until you sent me an early draft of your magnificent manuscript. As someone who grew up in India in the 50s and 60s, surrounded by extreme inequalities of wealth and laceratingly skewed distribution of fundamental resources like food, clothing, education and shelter, I knew despair early, and often. Despair at the sheer scale of the problems my country faced; at the apathy with which they were met.

But I don't ever remember thinking, Why Bother? Because bothering wasn't a choice. The suffering I witnessed every day wasn't a choice, so bothering wasn't a choice either.

Oh, I asked lots of questions, or the same questions over and over...

Why is the world so unjust? Why do we (my family, my classmates, my friends and their families) have more than we need, when millions around us are starving, homeless, without hope or future?

My dad was a socialist who had been deeply involved in the struggle to gain Indian independence from the colonial British Empire. He knew, first-hand, what could be accomplished when people held fast to a unified vision of freedom and justice and acted collectively to bring these about despite overwhelming imbalances of political power.

He encouraged me to think critically, ecologically, about things that made my heart hurt; to understand the structures of power and question who benefits from them and how. He taught me to explore freely, to come up with creative responses to intractable problems, rather than to collapse under the weight of them. He encouraged me to articulate what I valued, what kind of country I wanted to be part of creating, and to live accordingly.

This was our dinner-table conversation, as far back as I can remember. How do we change systems that profit from maintaining widespread poverty, hunger and homelessness? How do we bring justice and equality to power structures that have been culturally entrenched for centuries? How do we transform that Indian fatalism that causes our poorest and most vulnerable citizens to accept the unacceptable, to never even consider the possibility that the systems that oppress them aren't Divinely ordained, but human constructs that can and should be demolished?

Despair was familiar – and even back then, it was clear to me that I could not make a home for it. It would alight on my heart, an albatross whose weight was suffocating, unbearable. I learned to recognize it, and to refuse it. Part of that refusal came from consulting the Devas: the Deva of Bombay, the Deva of India, the Devas of provision and nurturance, support and sustenance (although I didn't have those names for them, back then). *What do I do, I'd ask? I'm a child. What can I do now, today, to make life better for everyone? I can't wait until I'm older. Show me what I can do now, or my heart will shatter.*

Hiro Boga

GETTING HER BOTHER ON

My choices were limited by the smallness of my own stature and the confines of my childhood world, bounded by family and school, neighbourhood and friends. But the Devas were clear about what was mine to do. Their compassionate wisdom reinforced what I learned from my family, from the ways in which they lived and cared for others, from the values they embodied.

Embrace all beings with respect, love, generosity, and kindness. Uphold the dignity of all forms of life, not just human life. Be faithful to your soul; trust your inner discernment, wherever it leads you. You can do these things even when you're a child – maybe more easily when you're a child. Action in the outer world came later, fueled by the foundations layered into my inner world by these practices.

Fast forward to now, some seventy years and half a world away from the country of my birth. I live in one of the wealthiest countries in the world. There's injustice, inequity and poverty here, but it can be avoided, should you wish to do so. It's contained, skeletons rattling in the national closet, hidden in plain sight.

For all the wealth we enjoy in our society, despair gurgles like an open sewer through the landscape of our lives, alongside the clear waters of gratitude, delight, provision, freedom.

I still can't bring myself to think: Why Bother? My freedom, my joy, is a gift of grace. And grace calls me to do my part, to foster wholeness and justice, provision, freedom and joy for everyone.

The immense privilege I enjoy is intimately interwoven with responsibility – to be a servant of the Sacred, an agent of wholeness, to the best of my ability. So, when despair swirls at my feet, when the urge to give up wraps its cold hands around my heart, I thank it for reminding me that my life is not mine alone.

My life belongs to my world; it belongs to the Sacred. And it requires that I act on behalf of the whole with all the vigour I can muster. I can't give despair a home in my heart, because it paralyzes me, and paralysis is not an option. Bothering, on the other hand, is what makes us human.

Hiro Boga is a business strategist and award-winning writer. She mentors visionary women leaders who are committed to creating a world that works for everyone.

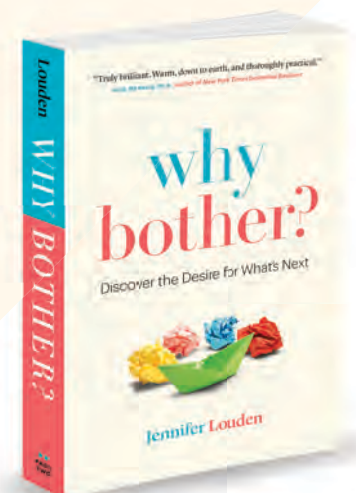
Find Hiro at hiroboga.com

PROMPTS TO TICKLE AND ITCH YOU:

When has despair made a home in my heart?

What fed despair and what starved it?

How has grace called me in the past? How is grace calling me today?





Karen Rinaldi

GETTING HER BOTHER ON

Can you tell me about a time in your life when you felt discouraged or defeated and wondered, “Ugh, why bother? What’s the point?”

There was a time in my career in publishing when I felt defeated. I worked 24/7, made no money at all and the path forward seemed more of the same. Worse, it seemed you could fall in love with books that you worked on for a long time but those efforts seemed to make no difference on whether they would succeed or not. I quit publishing, left New York, and fled to Los Angeles.

What brought you out of it, tipped you into bothering again?

Leaving book publishing and New York was a great way to get enough distance on both to miss them enormously. After three years of freelance work in LA, and then back in NYC to work in the magazine world, I realized I missed the commitment that comes with being a book editor. The very thing that frustrated me became the aspect of it that I valued most. Writing, editing, and publishing books entail long commitments.

Freelance work and magazine editing were like furtive affairs—exciting and sexy but fleeting and ultimately—for me—empty. Book publishing is like a long marriage—each book takes years of work, there are ups and downs along the way, relationships are tested. But, ultimately, beautiful stuff comes out of that stick-to-it-ness. Once I came back to books, I never left again. It’s been a 32-year career and still going strong.

What’s something you feel bothered about right now, in a positive way? What makes you excited to get out of bed?

When I was writing my book, *It’s Great to Suck at Something*—which is an exploration about how I find transcendent joy from the activity for which a show the least talent (surfing)—I found that every path I followed led me to aspects of the Divine. Whether I was looking to science, history, philosophy, or poetry, ultimately, I would bump into God. As a lapsed Catholic and agnostic, I was not expecting that to happen. It threw me. But I paid attention and have since followed a path which has brought me into some very interesting places—both in my reading and my experiences. Instead of persisting in my skepticism, I opened up to other possibilities. I feel like the world is wide open—despite evidence, politically speaking, that seems to indicate otherwise.

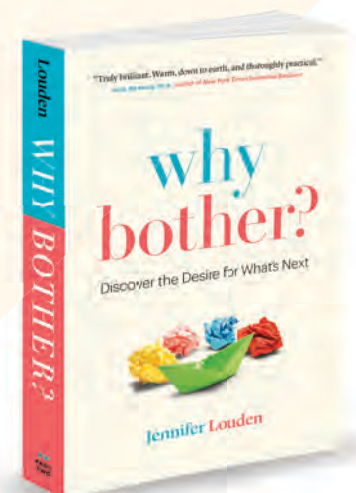
Karen Rinaldi is the publisher of Harper Wave, an imprint she founded at HarperCollins in 2012. Her latest book is *[It’s Great to] Suck at Something: The Unexpected Joy of Wiping Out and What It Can Teach Us About Patience, Resilience and the Stuff That Really Matters*. Rinaldi’s first novel, *The End of Men*, was the basis for the 2016 feature film *Maggie’s Plan* starring Julianne Moore, Greta Gerwig and Ethan Hawke. Rinaldi’s essays have appeared in *The New York Times*, *Time*, *LitHub*, *Glamour*, *Parents*, *Oprah.com* among others.

Find Karen at krinaldi.com

PROMPTS TO TICKLE AND ITCH YOU:

How might I be rejecting a call by wishing I were called to something different or more convenient?

What do I keep telling myself I can't bother about because that's not who I am or it won't work?





Anna Guest-Jelley

GETTING HER BOTHER ON

I struggle with “Why bother” in my work on a pretty regular basis, but sometimes it’s more acute than others. How it shows up for me is in feeling like I’ve already said everything I have to say, that someone else does it better, that no one cares, etc.

Pretty charming, I know.

In a recent moment when this showed up strongly, the first thing I did was pause. I’d like to say I paused with awareness, but it’s more like I paused with defeat. I started planning out closing my business and going to live in the woods because clearly the jig was up. I shared this with a friend and she said, “Oh, I know you struggle with this sometimes. I’d like to understand it more. Can you tell me more about it?”

And I was like, “she’s right! This isn’t new!” And because I knew it wasn’t new, I also began to recognize it as a pattern. And once I saw it as a pattern, a way I respond to stress, fear, and vulnerability, that was enough to begin to shift me into something else. Because if it was a pattern and not the TRUTH, then I could see a clearing for reevaluating and recommitting.

These days I’m feeling bothered in a good way about so much: continuing to excavate this pattern, living into the next iteration of my work (and not having to know 100% all at once!), and my young daughter’s delight in, well, pretty much everything.

Anna Guest-Jelley is the founder of Curvy Yoga and the author of *Curvy Yoga: Love Yourself & Your Body a Little More Each Day*.

Find Anna at curvyyoga.com

Anna Guest-Jelley

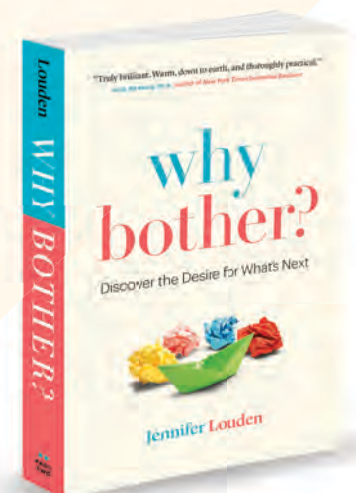
GETTING HER BOTHER ON

PROMPTS TO TICKLE AND ITCH YOU:

If _____ was a pattern and not THE truth,

I might choose to _____.

What might I be assuming I can't change or learn to do something different? In *Why Bother?* I talk about how often the fixed mindset (the idea we can't really change, grow, or learn because our talent, intellect, and even morals are "fixed" and can't be changed) stopped me from beginning again on what I most cared about.





Chrissy King

GETTING HER BOTHER ON

Early on when I started writing and sharing, I felt like no one was listening or reading, and I sometimes wondered why I was even creating content. I looked around at so many incredible writers and wondered why I was even trying. Who would ever read my work when there were so many more talented and more established writers already talking about similar topics, especially when I didn't have any formal education in writing?

Along the way, I realized that all of our voices are important. No one can say the thing in the way I can. I believe every single one of us has a unique gift to share, and there are specific people we are supposed to reach with our gifts, should we decide to indulge the world. We all have magic within us, and someone has been waiting for us to unleash it into the universe. All of our voices matter, and collectively, we have the power to create change and bring more love into the collective.

And in the words of Audre Lorde, "I write for those who do not have a voice because they were so terrified, because we are taught to respect fear more than ourselves. We've been taught that silence would save us, but it won't." I'm so excited about writing projects that I'm currently working and honestly just living my life authentically and honestly. I went through a tremendous amount of transition the past 18 months including the death of my father and the separation from my partner of 15 years. Although all of the events have been extremely challenging, I realize that through these circumstances, I've found liberation.

I've found the freedom and the space to decide how I truly want to live and to work towards creating that life. The unexpected passing of my father is a constant reminder to me that our human existence is fleeting. His death gave me the courage to live my life more honestly. The fragility of life inspires me to live life larger and on my own terms.

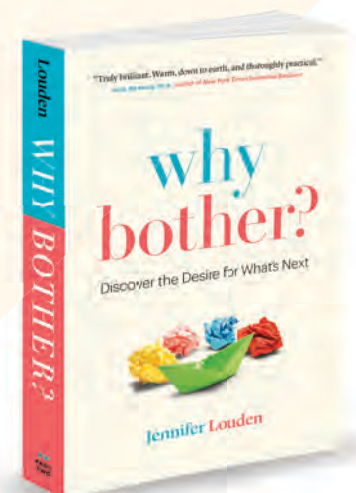
Chrissy King is a writer, speaker, strength coach, and self-proclaimed truth teller with a passion for intersectional feminism and creating a diverse and inclusive wellness industry. She has been featured in SELF, SHAPE, BuzzFeed, Muscle and Fitness, and Livestrong, among others. She empowers individuals to stop shrinking, start taking up space, and use their energy to create their specific magic in the world.

Find Chrissy at chrissyking.com

PROMPTS TO TICKLE AND ITCH YOU:

I need to say / speak/ write/ shout _____ because I want to.
Fill in the blank as many times as you wish.

Who taught me that "silence would save" me or that "silence is golden" or "to be seen or not heard" or that "good girls don't _____." What do you want to say to that person or institution now?





Tara Mohr

GETTING HER BOTHER ON

I recently was stuck in a “why bother” loop about posting on social media. The social media space felt to me like such a noisy chamber, with endless people clamoring for affirmation and air time. I was also feeling that on social media, people were commodifying their lives, and even their thoughts — selling or objectifying their life’s moments in exchange for the currency of attention and “likes.” I could not find the sense that my posting anything could have any positive impact — for others or myself.

And yet I knew these platforms could also be a way to reach people I wanted to reach, with the messages I want to share.

After many months of not posting or blogging at all, I had a conversation with a friend about it. I vented my feelings about what was happening on social media now — what I hated about it, what I missed from the blogging scene I had “grown up” in, what I didn’t want to join in on in social media. My friend was an empathetic ear. We laughed and commiserated over the absurdities happening online.

I would have thought that, buoyed by her support, I’d wake up the next morning even more firm in my position of “There’s no point in posting.”

Instead, the opposite happened. I woke up thinking, *“This could be fun. I’d love to talk to people about a few things that are going on today. And...maybe it would be energizing to produce a small piece of content in ten minutes — especially while working on a big dense writing project (as I had been).”*

In that conversation with my friend, I had expressed all my concerns, had them validated, and after that, there was a little space in me — and even a desire — to post, in a way that felt truly fun and on my own terms. So that day I posted, sharing something about my writing process, and it was fun — both creating it and interacting with those who responded to it.

When you’re feeling Why Bother, sometimes it helps to say that out loud, and to vent all the reasons there is no reason to bother. When they’ve been allowed room to come out, you never know what you’ll find on the other side.

Tara Mohr is an expert on women’s leadership and wellbeing. She is the author of *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, and creator of the *Playing Big* leadership programs for women.

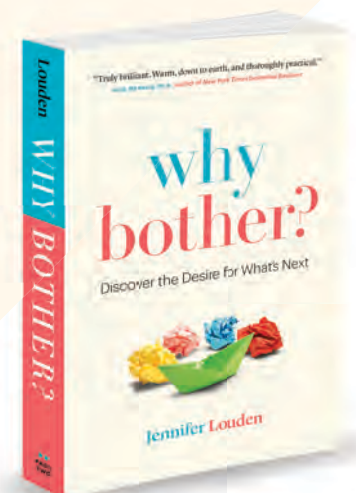
Find Tara at taramohr.com

PROMPTS TO TICKLE AND ITCH YOU:

Who could witness what I am struggling to bother about, or a desire that feels silly or impossible? *Not to fix the situation, but so you can be seen as Tara allowed herself to be. This is the last stage of the Why Bother? process: Be Seen.*

When can I be witnessed? *Make a date.*

(Witnessing is something we do at the Oasis - learn more about the goodness [here](#).)





Liza Kindred

GETTING HER BOTHER ON

Can you tell me about a time in your life when you felt discouraged or defeated and wondered, “Ugh, why bother? What’s the point?”

I experience countless, probably daily, moments of “ugh, wtf, I am so over this.” When we are living our lives in a way that is trying to make the world a better place (as I try my best to do, however imperfectly) it is so easy to find ourselves exhausted and burnt out.

It can sometimes feel like we’re collectively on a sinking ship. I know this might sound a bit morbid, but I really do think of how people reacted on The Titanic when it was going down: there were people who fought, people who gave up, people who panicked. And then there was the famous Titanic band, led by Wallace Hartley. The band, as we all know, kept playing as the ship went down. I want to be the kind of person who keeps trying to help people, in whatever way I can, even when all feels lost.

This is helpful to me because I don’t NEED for the world to be in a good place to feel like I can do good things. We’re in an awful state right now, it’s undeniable—but I can choose to play on. We all still get to choose how to be in this world.

What brought you out of it, tipped you into bothering again

Like all of us, my motivation goes through cycles of up and down. When I find myself feeling really fatigued, overwhelmed, or “over it” I get back to the basics: sleep, food, meditation, nature, solitude. To me, these things have to be sorted before I can reasonably expect to feel motivated or inspired, or even able to “deal.” Self care for life!

What’s something you feel bothered about right now, in a positive way? What makes you excited to get out of bed?

I am very bothered these days by what I call the “wellness industrial complex” and am very excited by the idea of exposing it to the light. To me, these are the parts of the wellness world that reinforce (often without even meaning to) the idea that we are broken and need to be fixed.

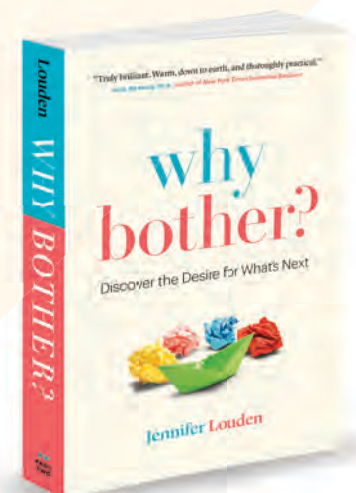
A LOT of well-meaning people (and, frankly, charlatans and greedy people, too) are out there trying to offer “fixes” to problems that don’t exist. Think, for instance, of the messages that we are “made for more” or that we should always be “working on ourselves.” This is self-aggression masquerading as self-acceptance. I am supremely motivated to counteract these harmful messages of brokenness with messages of wholeness. We are complete, just not finished.

Find Liza at effthismeditation.com

PROMPTS TO TICKLE AND ITCH YOU:

One of my favorite ideas from *Why Bother?* is that life is a natural creative process, and so, of course, we find ourselves feeling lost, blah, uninspired, or even despairing, at times. When we can accept that, then we can trust life will come flowing back to us, that we don't have to get our bother on by ourselves. Ever. If I didn't need to fix or "work on myself," what self-care would I want to give myself?

What might need to be "sorted" for me to get my bother on? I call these minimum requirements for self-care, and I give you a list of mine and other people's, as well as how to name yours, in the web extras referenced in the book. The web extras are great, so sure to visit the URL you'll find in the book.





Lauren Fleshman

GETTING HER BOTHER ON

Can you tell me about a time in your life when you felt discouraged or defeated and wondered, “Ugh, why bother? What’s the point?” (It could have been about your business, your art, your political voice, anything.)

In 2008, I missed out on a lifelong dream of making the Olympic Team by one spot at the Olympic Trials. I had been living like a running monk, putting aside family and friends and outside interests because that was what was expected of me in my profession, and for what? I found myself unable to imagine going another four years and trying out for the Olympics again, but it wasn’t because of the training. That part I could imagine doing again, because I loved running. It was the other stuff, the way I was expected to live my life to call myself a Professional Athlete, that I couldn’t find the motivation to do. I spent a year and a half going through the motions, doing the bare minimum, unable to move forward in any direction. Unable to quit or commit. I felt really lost.

What brought you out of it, tipped you into bothering again? (Was there a tiny moment of awareness, a first small step you took? Something you did? Something you said to yourself? What’s helped to bring your desire, energy, and engagement back?)

At a certain point, I found myself questioning the basic premise that I had to do it the way I was told it had to be done. If I loved the training, but not the expectation to make my entire life a singular focus, what if I just decided I would go forth and do it my own way? What if I ignored the GPS instructions and felt my way there using the landmarks instead? This idea of pursuing a goal as my whole self felt so expanding, and it brought the excitement back. There was still no guarantee of “success” but the prospect of spending my days in pursuit got way sunnier.

What’s something you feel bothered about right now, in a positive way? What makes you excited to get out of bed? Share one thing! (Or more!)

I’m finally writing a book I’ve been thinking of writing for the last 6 years. Until recently I told myself I wasn’t ready, or wasn’t qualified enough. I decided to take the advice I saw on instagram “Lord grant me the confidence of a mediocre white male” (which makes me laugh, and helps me create more freely.) Similar to my experiences with running, I am engaging with this writing goal with an intention to be myself throughout it, and be proud of myself for bothering to do it at all!

Lauren Fleshman has been a runner since “I was 13 years old and 78 pounds of late blooming, scrawny, scrappy tomboy. I’ve won state championships, NCAA titles, USA Championships and finished as high as 7th in the world. I’m 35, a mom, a business owner at Picky Bars, the wife of a pro triathlete, and live a very full, experience-seeking life. I coach a small group of elite athletes and was elected by the athletes to serve on the board of directors for USATF.”

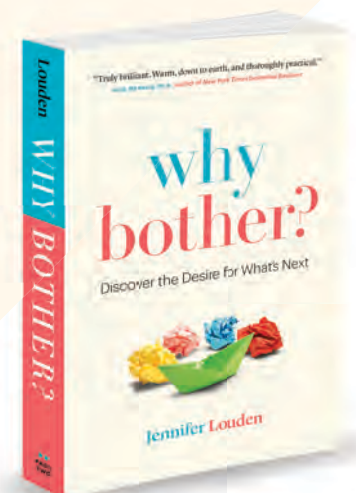
Find Lauren at asklaurenfleshman.com

PROMPTS TO TICKLE AND ITCH YOU:

What have I lost the motivation to do a certain way or by certain “GPS instructions”?

Is there something I would explore if I didn’t need a guarantee of success?

When I set the intention to be myself, and be proud of myself according to conditions of enoughness (an idea in *Why Bother?* Lauren loves and uses), what beckons to me to explore next? (It’s fine if the answer is nothing, it’s the asking that matters.)





Tori Press

GETTING HER BOTHER ON

Can you tell me about a time in your life when you felt discouraged or defeated and wondered, “Ugh, why bother? What’s the point?”

In the fall of 2016, my life commitments were all piling up, one on top of another: homeschooling my two daughters, running a freelance graphic design business (with lots of last-minute, quick-turnaround projects), and trying to maintain some semblance of work-life balance throughout all of it. After weeks of dropping homeschool projects with my children to finish rush projects for clients—and vice versa—I was feeling burned out, uninspired, exhausted, defeated. I felt like I was trying to do too many things, and not doing any of them well. I wondered why I was bothering with any of it.

What brought you out of it, tipped you into bothering again?

I didn’t know exactly what to do, but I did know that something had to give. I needed to create space in my life. I spent time thinking, meditating, and talking with loved ones about the right path, and as I introspected, I realized that walking away from my freelance design business felt like the scary—but right—choice. I wrapped up my existing projects, referred my clients to trusted colleagues, shut down my business, and sat with the new space I’d made in my life. For a few weeks, the emptiness was nice, but I didn’t find any extra energy or engagement until I realized I was missing having a creative outlet. So I decided to buy myself as gift: a sketchbook and a set of markers, and I set out to make drawings just for myself. I had no way of knowing how this choice would change me. Drawing felt absolutely magical. I was captivated, obsessed—suddenly I wanted to spend all my time doing it! I’d done a total 180 from my “why bother?” attitude of just a few months prior.

What’s something you feel bothered about right now, in a positive way? What makes you excited to get out of bed?

I’m still just as obsessed with my work these days as I was when I started it—but what really makes me excited to get out of bed each morning is the incredible community of people that follow my cartoons and share their own experiences with me on social media. I draw about topics like mindfulness, perfectionism, mental health and therapy, and many other ups and downs of being human—and where I started out thinking I was alone in my struggles and quirks, I’ve realized I’m in an abundance of company.

Tori Press is an artist, writer, meditator, therapy enthusiast, and highly anxious human being. Born and raised in Atlanta, Georgia, she spent 10 years as a graphic designer before quitting to create a little space in her life. Drawing cartoons was what came in to fill it.

She lives in Los Angeles, California, with her husband, two daughters, and approximately 57 houseplants. Her first book, *I am Definitely, Probably, Enough (I Think)* will be released in November 2020.

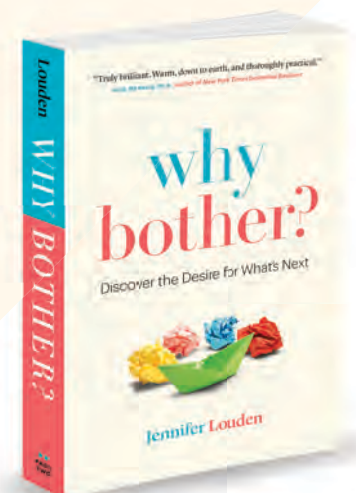
Find Tori at revelator.com

PROMPTS TO TICKLE AND ITCH YOU:

What have you walked away from that maybe felt impossible at the time, but looking back, created an opening for what's next, one you couldn't have possibly imagined at the time?

Is it time to walk away from something now?

Is there a gift you may have been denying yourself, something small or seemingly innocuous, that nevertheless keeps calling to you? Is today the day you give yourself that gift?





Jacquette M. Timmons

GETTING HER BOTHER ON

It was March 2012.

Backstory: My book, “Financial Intimacy: How to Create a Healthy Relationship with Your Money and Your Mate,” was published in October 2009. In it, I took a social critics look at the intersection of love and money through the lens of what had changed economically, politically, socially and familially over the past 40 years.

After several media interviews that felt too narrow compared to the expansive view I had on the topic, I got the idea to create the TED of money. With my TED-like experience, I invited others to take the stage to talk about the intersection of love and money from their personal and professional perspectives. I was the evening’s MC and hosted the “Male Perspective” panel.

The idea was to have a traveling road show featuring the same speakers. We were scheduled to hit five cities; we stopped after two. NYC was a success; LA bombed, spectacularly! We sold 9 out of 105 tickets at the Downtown J.W. Marriott - in other words: expensive.

On a topic supposedly everyone was interested in; with well known speakers on the agenda, how could I have gotten it so very wrong?! I was devastated and embarrassed. My confidence was deflated; my bank account was depleted.

My plans to create the TED of money had been dashed. And I questioned everything; I didn’t know if I had a sales, marketing, or messaging problem. Or, all of the above.

Eight years later and I still get a little emotional when I recount this story. And yet, how I worked through this disappointment is what led me to where I am today - with a vibrant business.

I put in the work; I worked with coaches, experimented, and failed some more. But, I kept moving.

And today, I LOVE how my business has evolved. I’m really geeked about the lane I’ve carved out for myself especially working with entrepreneurs and small business owners helping them tackle pricing from all sides - the financial, the emotional, the personal - to ensure their business’ success positively affects the health of their personal finances, too.

Jacquette M. Timmons runs a financial coaching and speaking business. As a financial behaviorist, with an MBA in Finance, she focuses on the human side of money and is committed to getting you to see that you don’t manage money – you manage your choices around money. She’s the author of “Financial Intimacy: How to Create a Healthy Relationship with Your Money and Your Mate” and creator of The Comfort Circle™ dinner series and “In the Zone: How to Price Your Genius” masterclass, retreat and VIP Day. Her work has been featured on “Good Morning America,” Oprah.com, CNN, HLN, FOX, Black Enterprise, NPR, Reuters.com, and the Wall Street Journal.

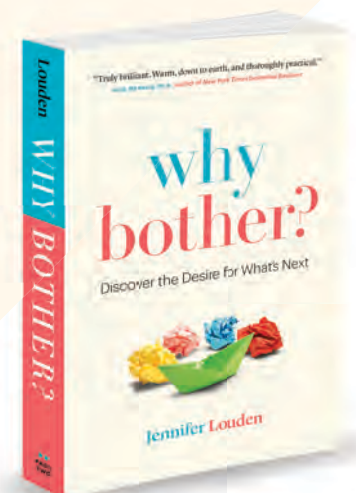
Find Jacquette at jacquettetimmons.com

PROMPTS TO TICKLE AND ITCH YOU:

Are there ways I could “keep moving” to find my bother? (The second stage of the Why Bother? process is to ease in. Try revisiting that chapter for ideas.)

Or are there ways I need to “settle” into “the grounding grace of inner stillness” that is always waiting to receive me?

Or is it a combo of both that I need right now?





Rachel Rodgers

GETTING HER BOTHER ON

Can you tell me about a time in your life when you felt discouraged or defeated and wondered, “Ugh, why bother? What’s the point?”

When I graduated from law school, I was shooting for a coveted six-figure associate position at a big law firm that would allow me to pay off my student loans and make me feel like this whole miserable, law school slog was worth it. I had applied to hundreds of law firms and flown to job fairs and interviews in San Francisco, Delaware, Los Angeles, New York and Los Angeles again. I had invested thousands of dollars and the better part of a year in making this associate dream happen. I had applied to so many firms that for weeks I received multiple rejection letters in the mail every single day.

Do you know what it’s like to receive no less than four rejection letters a day for weeks? Well, I’ll tell you. It’s demoralizing.

Every single big law firm I had applied to wasn’t interested in hiring me. This dream wasn’t happening. And the story I told myself was that I wasn’t worth six-figures. I wasn’t smart enough or good enough to make that kind of money.

So I tempered my dreams. I toned down my vision. I learned to play it safe cause spectacular rejection suuuuuuuucks, and I definitely didn’t want to experience that again. Why bother reaching for greatness?

So when I first started my law practice back in 2010, my only goal was to replace my \$41k per year government salary. I was preparing myself to stay small. Because smallness is comfortable and likely to happen.

What brought you out of it, tipped you into bothering again?

The truth is, I was faking it. I always knew that I would do big, important things in the world but epic rejection had made me scared to put myself out there in a big way again.

I used noble causes like “my children need me” and “I need to save money” and “I am too busy to take that on.” Or sometimes I would say bullshit like “I just really want to grow slowly” and “money is not that important to me” and “I just want to do good work for good people, nothing more.”

That’s the bullshit we say when we really mean, “I am scared shitless and don’t want to fail publicly with the whole world watching so I am going to stay in my little corner over here and try and forget these big dreams I’ve got.”

Rachel Rodgers

GETTING HER BOTHER ON

But \$41k isn't much when it comes to revenue, and one day I woke up tired of engineering smallness. I decided to stop playing it safe and pretending like I didn't care, because I realized I could win (and I did care).

And then I made a lot more than \$41k. But not until I was ready to step all the way into my big ass dreams and even declare them publicly. Not until I was ready to stop pretending that I wasn't as good as I am. Not until I was willing to deal with more rejection and more epic fails (and there were oh so many along the way including a federal lawsuit, public dragging by a group of haters with high-traffic blogs, and lots of hiring mistakes). But here I am doing work that matters and making more than \$41k a week, not a year.

I decided to say yes to the opportunities that come my way. Say yes to creating those opportunities myself. Say yes to potentially failing spectacularly. And say yes to my big dreams. They could come true. And I'm worth it.

What's something you feel bothered about right now, in a positive way? What makes you excited to get out of bed?

My mission, that ALL women should be millionaires, gets me out of bed every day. I am certain the world is going to be sooooo much better when more of us have money. As of 2018, less than 2% of female-owned businesses made over a million dollars in revenue. That's insane. Imagine if 10% or 20% of women earned that much. Imagine what the world would look like if thousands of female bosses and businesses were hiring, donating, giving back, and creating products that support women and families. That's the world I want to live in.

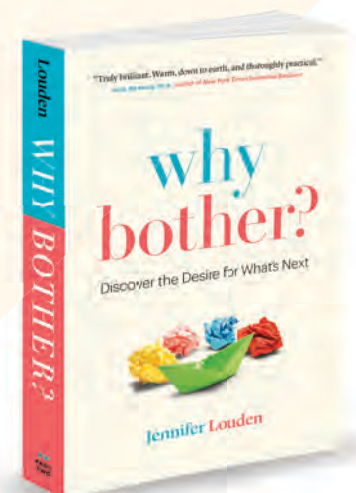
Rachel Rodgers is a woman of color, a mother of four and a seven-figure business owner—in that order. Rachel started her career working as on The Hill with nonprofits, federal judges and Hillary Clinton. When she realized that changing the world is easier when you have some cash in your bank account, she decided to build a million dollar business and then teach other women how to do the same. Her mission is to help women hit seven-figures without sacrificing their families and sanity.

Find Rachel at helloseven.co

PROMPTS TO TICKLE AND ITCH YOU:

Has “epic rejection” caused me to stay small? Is that smallness the right size for my desires now?

When I think about money and Rachel’s vision for female-owned businesses, I’m aware of _____, and I might be scared to admit _____.





Kerra Bolton

GETTING HER BOTHER ON

I am a single woman who delights in her singularity.

I am an only child, unmarried, and have no children.

With a sense of humor reserved for psychopaths and frat boys, the universe decided my next learning opportunity would be to pair me with an extroverted, white, male from San Francisco in the making of a documentary film about my quest to learn to swim, dive, and map sunken slave ships.

Cassidy and I fought frequently and often. We fought about what was said and what wasn't. We fought about race and our diverse approaches to achieving social justice. We fought because he knows from experience that it takes a team to make a film. I just want to be left alone.

After nearly a year of fighting, I wanted to quit. I was going to tell him during our next conversation when Cassidy said something that took my breath away. He said: "You are obsessed with writing about the black goddess of our time – people like Toni Morrison and Aretha Franklin. But you never consider that maybe you are also a goddess. You talk about the black body as the site of magic and light and you never consider that your body contains magic and light. I might be the definition of the white, male gaze. But I'm reflecting back to you the things you refuse to see in yourself."

Quitting was no longer an option.

I had to make this film with this director because the deeper truths for which I was reaching and wanted to convey couldn't be achieved alone. Our film *Return of the Black Madonna* needed his skills, sensitivities and experience as much as it needed mine. It was our karmic responsibility and it was a journey we needed to take together.

We still fight, but we try to learn something from our differences. On the worst filming days, when I'm forcing myself to bob underwater for the hundredth time, I emerge and look over at Cassidy. He nods at me through the camera. I know that I'm no longer alone and that is enough.

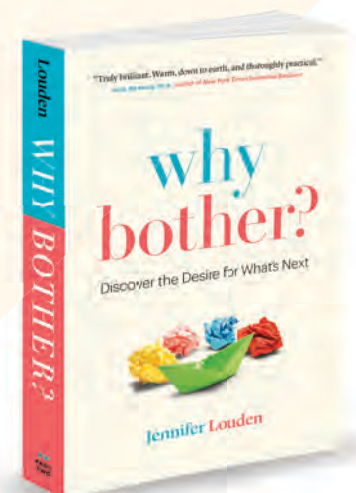
Kerra Bolton is a writer and filmmaker serving "soul food for thought." She explores personal narrative and non-fiction filmmaking to spark and drive conversations about the urgent issues of our time. Kerra is the creative producer, writer, and protagonist of a feature documentary, *Return of the Black Madonna*, in production about her epic quest to learn to swim, dive, and map sunken slave ships with a group of black marine archeologists. You can learn more about the film, as well as make a tax-free donation by checking us out on [The Film Collaborative](http://TheFilmCollaborative.org).

Find Kerra at thefilmcollaborative.org

PROMPTS TO TICKLE AND ITCH YOU:

Who has reflected back to me, recently or in my life, the magic and light I may refuse to see in myself?

Who am I journeying with who helps me bother about a desire that is dear to me, even as he/she/they may irritate me, or make me want to run away? Is it time to accept this relationship; open to it more?





Debra Rapoport

GETTING HER BOTHER ON

Back in 1979 I moved back to New York City after living in Northern California. I had just given up a prestigious job teaching at a university to come back to NYC. I didn't know how I would employ myself as an artist and educator. I continued to make art, as I still do, working with found materials from the street to make "wearable art". There were lots of places to exhibit back then and that was happening. Making a living was another story as an artist. I refused to give up but succumbed to a 9-5 job in the textile design world. I really felt 'why bother' to continue to make objects or be an artist! First I had to support myself but I didn't want to give up my passion!!

I couldn't give up my passion so no matter what, I persevered. I continued from a place of play and joyfulness. I recognized that no matter what, I had to make the time to do my creative work. I had to give it priority! Since I work with found, used and unusual materials they were constantly showing up in my world. That was part of the excitement because they were out there befriending me! I couldn't turn away from them. With that relationship the work was half done! Since then I have had many exhibits all over the world and now I am off to Greece for a large one person exhibit at a major museum. So just stick to it, it's worth it!

I love getting up each day to attend some form of yoga or exercise and then I get dressed as a meditation and act of play! This is always my first creative act of the day because "Style is Healing". I call it my ABC's as I Assemble, Build and Construct with color, texture and layering on my body! "Dress to De-Stress"!

Debra Rapoport is a visual and performance artist working with non-traditional and re-purposed materials. She's featured in the books and film *Advanced Style* and her work is in the collections of the Metropolitan Museum of Art, NYC, The L.A. County Museum of Art, Houston Museum of Fine Arts, and Philadelphia Museum of Art. She believes "style is healing." She has taught at many prestigious universities.

Find Debra at [instagram.com/debrarapoport](https://www.instagram.com/debrarapoport)

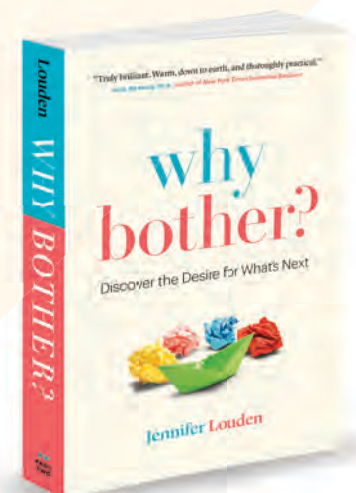
Debra Rapoport

GETTING HER BOTHER ON

PROMPTS TO TICKLE AND ITCH YOU:

I recognize that no matter what I have to _____.
(Fill in the blank until something goes yessss.)

How could dressing as an act of meditation and play help me have more fun bothering?





Courtney Carver

GETTING HER BOTHER ON

I was deep in debt for decades. Whenever I thought about crawling out, I'd think "Why Bother?" I had been getting by like this for years and my credit score was already awful. Why bother, why change now? It took a health crisis and deep desire to get rid of stress from my life to think, I'll bother because I'm worth it. Because my health is worth it, my family is worth it and peace of mind is worth it.

Until I examined how stressful and damaging my debt was, I could ignore it, but as soon as I connected that stress to my declining health, I had a reason to bother. It took our family three years to become debt free and we had to completely change our relationship with money but it was one of the best things we ever did. I'm so glad it bothered me enough to bother making a change.

Courtney Carver writes about dressing and living with less on bemorewithless.com and with @bemorewithless on Instagram. To learn more about her newest book, Project 333, The Minimalist Fashion Challenge That Proves Less Really is So Much More visit <https://bemorewithless.com/project-333/>.

Find Courtney at bemorewithless.com

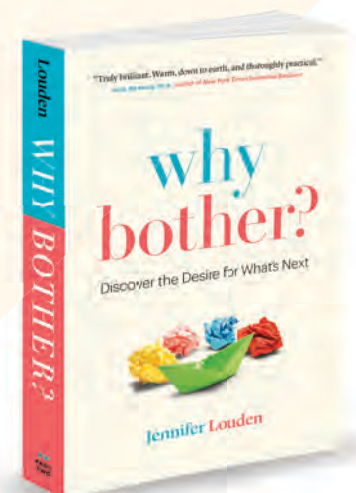
Courtney Carver

GETTING HER BOTHER ON

PROMPTS TO TICKLE AND ITCH YOU:

If you were gently honest with yourself, is there anything that you are “getting by” with or about that if when you believe you are worth it, you would take the first step to bother enough to make a change?

The number one thing I tell myself there is no reason to bother about because it can't change is





Caroline Donahue

GETTING HER BOTHER ON

Can you tell me about a time in your life when you felt discouraged or defeated and wondered, “Ugh, why bother? What’s the point?”

As I was getting to the end of the previous draft of my novel, I was OVER IT. I have been working on this book on and off since early 2017, and coming to the end of the third year having now yet reached THE END, I was exhausted. I wanted my characters to go bother someone else, and to sleep for about a month.

Everything felt heavy.

What brought you out of it, tipped you into bothering again?

A friend asked me if I’d be willing to house sit for her and watch her cat in London for a week. I had signed up for a writing retreat a couple of days after she returned, also in England, so I extended my trip so I could come over. As London is an hour and a half flight from my home in Berlin, this was an easy decision. Unhooking myself from my everyday world, taking walks in her neighborhood, visiting some favorite bookshops and getting up every morning and following the plan I’d laid out and continuing to write forward helped so much. (As did the gluten-free section of Marks + Spencer). At the end of that week, I traveled to a retreat and got to spend five days talking about writing with a lovely small group of people who love stories as much as me. It was this combination of time alone to recharge and focus with time together with like minded others that pushed me through. I finished the draft a little over a month later.

What’s something you feel bothered about right now, in a positive way? What makes you excited to get out of bed?

I’m currently revising that same novel and I’m so enjoying the process. I always feared revision, thinking that drafting was the fun part and revising would feel really technical and dead. In fact, it’s the opposite and I love this process even more than I had hoped. I’ve published a nonfiction book and an anthology as well as worked as an editor for an auction house catalogue in the past, so I know nonfiction revision well, which is far more technical and can get dry. Fiction is the opposite- things are springing to life, taking on bright color in my mind, and I am on fire to continue the project. It helps that I’m currently releasing episodes of the podcast that all have to do with revision, which is leading to wonderful conversations on social media about other people’s projects. I’ve managed to recreate that experience in the fall- time alone to write and time connecting with others, and it’s magic.

Caroline Donahue is an American writer, podcaster and writing coach living in Berlin. She is the author of *Story Arcana: Tarot for Writers* and the co-editor of *I Wrote it Anyway* and had interviewed over 150 writers for her podcast, *The Secret Library*. She is currently working on a novel.

Find Caroline at secretlibrarypodcast.com
or carolinedonahue.com

Carolina Donahue

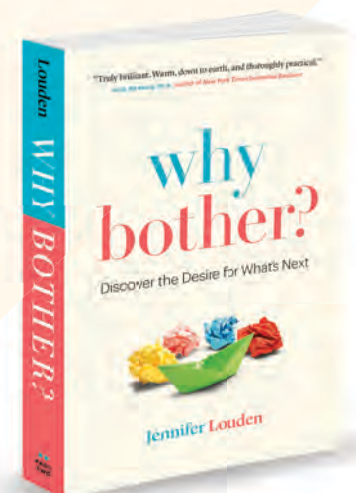
GETTING HER BOTHER ON

PROMPTS TO TICKLE AND ITCH YOU:

How could rest restore your ability to bother?

When, if at all, are you saying "after _____ then I will
_____ "?

Will after ever truly arrive?





HELP THE WORLD
GET ITS BOTHER ON

My Personal Invitation

Now it's your turn to share your "GET YOUR BOTHER ON" story. One of the central ideas of [Why Bother?](#) DISCOVER THE DESIRE FOR WHAT'S NEXT is that we all go through why bother times and it's very tempting to believe we can't bother, we can't change our lives. Reading your story could help others see they always have options.

Because we all know the power of story to change our minds and reshape our hearts.

I've included the questions below. You could limit yourself to 350ish words and share on social media, on your blog, or record your responses in a video. Perhaps it would be richer to write your story using the questions alongside your church, women's, or writing group? Or bring these questions to a coaching or therapy session. An audience of one is just as powerful as an audience of 5000.

And if being seen bothering isn't right for you at this time, write your new story in your journal but write it!

May we join together in creating a narrative of hope and engagement, of self-trust and self-loveliness, of savoring and serving, of letting what was to make room for what's next.

If you want to share your story publicly, please use the hashtag #getyourbotheron and #whybotherbook so we can find your stories and share them too. Every month we will randomly choose one winner who uses the hashtag, to give away either an ebook or an audio book of *Why Bother? Discover the Desire for What's Next* or a free month at the Oasis, my membership community for leaders and creatives getting their bother on.

I can't wait to read your story. And I can't wait to see how we can shape a better world by getting our bother on.



ABOUT JENNIFER

Jennifer Louden is a personal growth pioneer who helped launch the concept of self-care with her first bestseller, *The Woman's Comfort Book*. Since then, she's written seven additional books on well-being and whole living, including *The Woman's Retreat Book* and *The Life Organizer*, with close to a million copies of her books in print in nine languages. Jennifer has spoken around the U.S., Canada, and Europe, and has written a national magazine column for a *Martha Stewart* magazine. She's been profiled or quoted in dozens of major magazines; two of Brené Brown's books, *Daring Greatly* and *Dare to Lead*; and appeared on hundreds of TV, radio shows and podcasts—even on Oprah.

Her newest and most personal book [Why Bother?](#) DISCOVER THE DESIRE FOR WHAT'S NEXT was published on April 21, 2020.

Jennifer has been teaching workshops and retreats since 1992 and creating vibrant on-line learning experiences since 1999. She writes weekly to her email list of 20,000 and hosts an online community of over 600 members. She lives in Boulder County, Colorado.

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